

April 21, 2020

Coming Soon...

Tips and Training Videos



Staff in the Recreation Department have been developing some video tools we can all use. Ever wanted to learn more about Teams, or SharePoint, or MS Planner? Do you need help with the tricks of the trade on how to use these tools? Well, thanks to Jon Wangen, Jimmy Dweik, Marcela Avila, & AJ Torres, we've got a great start for you. They've created several "How-To" training videos that you can link to your Teams tab bar for easy access to the trainings. Feel free to reach out to any of these staff to learn more. Thanks for the great help!

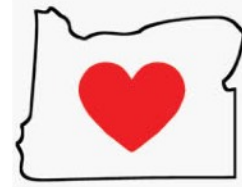
THPRD

in the News



Last week we saw several media stories covering THPRD. The first [story](#) featured a spotlight on the new temporary homeless shelter at the Stuhr Center. In addition, there were two news features on [KPTV](#) and [KOIN](#) on the issues we've seen at THPRD park sites with some people not following the temporary rules and vandalizing property. We really appreciated the help getting the word out about the incredible efforts of our Maintenance and Park Patrol staff to ensure public safety.

Positive News *on Oregon's Response*



Oregon is one of only five states expected to have the fewest COVID-19 deaths per capita. It appears that Oregon will have 0.1 deaths per 100,000 residents and that the peak of the deaths per day may be just behind us. Oregon shows up as having peaked in the last couple of days, according to the [model](#) from the University of Washington. While there is still some ways to go, it is clear that Oregon's physical distancing rules are having a positive impact. Thank you to everyone for Staying Home and Saving Lives!

Sign-Up *to Be a Pen Pal*



Stay connected with staff by signing up to become a Pen Pal! Regardless of whether you like to talk on the phone, virtually or in writing, we can connect you with a current or recently separated staff person who is in need of some additional connection right now. Sign up at <https://www.volgistics.com/ex/portal.dll/ap?AP=922576925&OR=1>.

Helpful Stretches *We All Need*



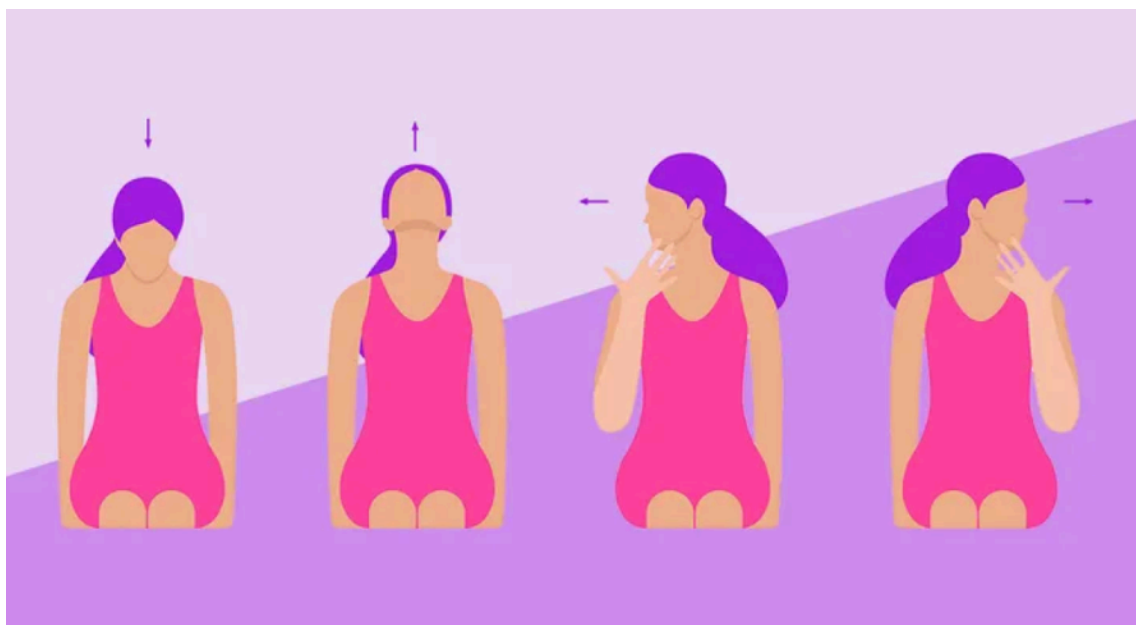
Ever feel tension in your neck or shoulders? Find yourself ignoring those little signals coming from your body that say, "Pay

attention ... Now Please”? We’ve got you covered. Try some of these helpful stretches to reduce shoulder, neck or back aches that can easily be done at your work space. If you commit to stretching every two hours, these small focused movements targeted to these common problem areas can make a big difference in how you feel.

Try these five stretches, every two hours, holding each for a few seconds:

1. Put your chin down to your chest and look up to the ceiling.
2. Slowly turn your head to the left, then turn your head to the right.
3. Put your left ear to your left shoulder, then your right ear to your right shoulder.
4. Interlink your fingers in front of you and stretch forwards.
5. Interlink your fingers behind your back and stretch backward.

We hope these easy provide some relief and flexibility during your workday!



Communicating via Email

Good Reminders



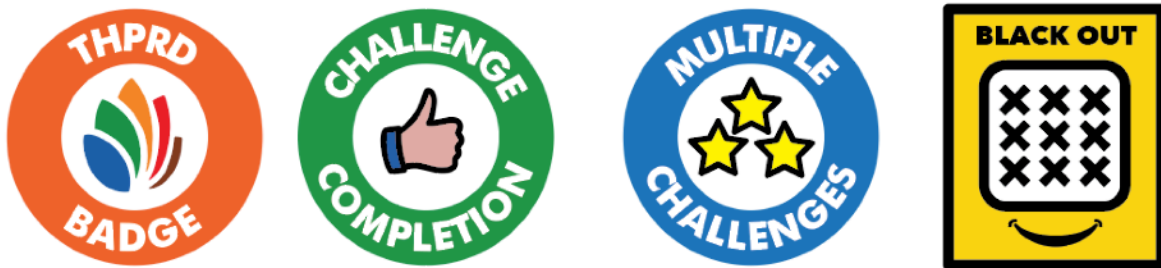
Brevity is the soul of wit, but the less face time you have with people, the less they will know how to interpret your intended tone and meaning when crafting emails or text messages. When you work remotely, you must be positive, even to the point where it may feel like you are overdoing it. Otherwise, you risk being perceived in an unintended way. So, accentuate the positive! Pass out the praise! Embrace the exclamation point! Find your favorite emojis! You're going to need them.

Also, when working from home and communicating primarily via email or text message, there is a thinner margin for error due to inadvertent typographical mistakes. We've all experienced the sting of the typo. They can happen to anyone, and often at the most inopportune times. Re-read and spell-check your messages carefully before hitting the "Send" button, especially when dealing with sensitive issues or personalities. An ounce of prevention is worth a pound of cure. When in doubt, listen to your instincts. Slow down, re-read, take a break and come back to it. Chances are you will find that a break can help you to reevaluate your response and bring you better clarity. And if all else fails – assume positive intent and practice kindness.

Challenge and Event Badges



The Employee Support Team and Communications team have created special badges for participating in our virtual challenges and events. We currently have five category badges: best time, black out, challenge completion, Multiple challenges completed, and a THPRD badge for participation. After earning these badges you can display them in your email signature. You may have already seen them on some of your co-workers' signatures. See what the badges look like down below!



Collect more badges by participating in our current and upcoming events!



TUALATIN HILLS
PARK & RECREATION DISTRICT

Quarantine Events

**April
9th**

BINGO QUARANTINE GAME

DON'T MISS OUT ON THE FUN! THIS FIRST BINGO SESSION RUNS FROM APRIL 9 - 15.

**April
22nd**

BINGO FITNESS GAME

PLAY THIS WEEK'S BINGO GAME AND WIN BY BEING ACTIVE. BINGO SESSION RUNS FROM APRIL 15-22.

**April
17th**

VIRTUAL GAME NIGHT | 6:30PM

JOIN US ONLINE FOR GAME NIGHT! CONNECT AND DESTRESS WHILE HOME DURING COVID-19.

**April
19th**

APRIL STEP CHALLENGE

COWORKERS COLLECT STEPS AND COMPLETE AGAINST EACH OTHER. CHALLENGE FROM APRIL 19-APRIL 25.

**April
24th**

VIRTUAL GAME NIGHT | 6:30PM

JOIN US ONLINE FOR GAME NIGHT! CONNECT AND DESTRESS WHILE HOME DURING COVID-19.

Fun Activities *to Keep Us Connected*



The Employee Support Team is organizing ways for us to stay connected and have fun while physically distancing. Check out these upcoming events:

- **Today 4/21: Candy Bracket:** We have done Quarantine Bingo and Fitness Bingo--Now we are taking a sweet turn to the world of sugar! (There are times when we all need a little sugar in our lives 😊). You have until Sunday to turn in your Candy Bracket to thprdsupport@thprd.org and the competition starts on Monday (4/27). Click [HERE](#) for instructions and [HERE](#) for the fillable bracket.
- **April 24 Lunch Time THPRD Jeopardy:** Join on Friday at 12pm! Connect and socialize with coworkers during your break. The game will test your THPRD knowledge. Click [HERE](#) for more information.
- **April Step Challenge:** It's not too late to join the THPRD Staff Step Challenge! The app will apply your activity since Sunday, so you won't start from behind. You have until Saturday (4/25) to collect as many steps as possible and compete against your coworkers. Currently, there are 26 staff members signed up and they've made 500,000 collective steps! Click [HERE](#) for more information and to get signed up.